FAMILY AND YOUTH FITNESS PROGRAMMING

Navy Fitness Program Workshop 2006

FAMILY AND YOUTH FITNESS

Working Group

- **Laurie Allard**
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- **Stephanie Baribeau**
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- **Emily Savoca-Deason**
  Fitness Director, NS Mayport, Florida
- **Ernie Ghezzi**
  Regional Sports & Fitness Director, Northwest Region
- **John Lucas**
  Fitness, Sports & Aquatics Regional Operations Manager, Mid-Atlantic Region
- **Andi Mazor**
  Regional Fitness Program Manager, Southwest Region, San Diego
- **Diana Sall**
  Sports, Fitness & Aquatics Manager, East Sound, Northwest Region
- **Lisa Sibelius**
  Regional Fitness Coordinator, Mid-Atlantic Region

Things To Consider

- Understand kids are not just small adults
- Train your staff and be watchful of burn out
- Get them moving – play, play, play
- Make it fun
- Involve extended family
- Include and use appropriate music
- Choose creative and fun program names
- Understand the uniqueness of children’s bodies and their muscle development

Things To Consider – cont'd

- Model effective programs – search the web
- Avoid competition and focus on self-improvement and self-esteem
- Provide age-appropriate awards for participation, attendance and achievement of personal goals
- Schedule according to school calendars – daily, weekly, monthly
- Enlist the help of parents
- Coordinate with MWR Youth Program activities
- Consider nutrition and hydration needs
- Be watchful of bumps, bruises and injuries

Family and Youth Fitness Programming Ideas Happening Throughout MWR Navy Fitness

Navy Region Southwest
Naval Base San Diego
"Woof Walk"

- Who: All eligible MWR customers, including friends, and their DOGS, of cou
- What: A two-mile fun walk
- Where: Streets and picnic area onboard Naval Base San Diego
- When: Saturday morning at 0900
- Why: A fun activity in which families could participate together.

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Naval Base San Diego Navy Region Southwest

"Woof Walk"

Key Points:

- T-shirts to all participants – be sure to order kids sizes.
- Obtain authorization from Command to have dogs onboard the installation.
- Provide Base Security with event details.
- Ensure adequate supply of poop bags and trash receptacles along the course.

Naval Base San Diego Navy Region Southwest

"Woof Walk"

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Naval Base San Diego Navy Region Southwest

"Family Fitness Challenge"

- Families participating together as a team – running, calisthenics, ball toss, soccer ball pass, BB shoot
- Children eight and older
- Teams consist of either three, four, five or six people
- Compete against teams same size; everyone is a winner
- T-shirts and wrist bands to all participants
- Sponsor booths, i.e. massage, fruit, nutrition specialist, etc.

Additional Southwest Region Programs

- Walk/Runs (Month of the Military Child, Armed Forces Kids Run, etc.)
- Family Fitness Hours
- Youth & Teen Obstacle Course
- Parent & Child Stroller Classes
- Youth Orientation Fitness Courses

Andi Mazor

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Youth and Family Exercise

MWR Fitness Center
Rota, Spain

NAVY FITNESS
STAY HEALTHY • STAY FIT • STAY NAVY

MWR Fitness Center

Current Youth Programs

Descriptions are provided as a handout

- Youth Fitness Certification
- Mighty Kids Summer Program
- Teen Summer Fitness Program
- Family Open Gym
- Parent/Child Exercise Class
- Kids Sport
- Hip Hop, Dance and Karate
- Gymnastics/Movement Program
- Family Spa Treatment Day
- Hiking for Kids
- Pet Walk and Family Walks/Runs
- High School Elementary and Family Health Fair

Volksmarch Photos

Volksmarch Highlights

- A volksmarch is an organized hike or walk which usually goes through scenic areas and it is designed to appeal to everyone. It is not a contest of speed or endurance.
- Partner with community departments: Health Promotion, Women's Clinic and OCSC
- When: Saturday, October 14 from 1600-1800 at the MWR golf course
- Why: To support breast cancer awareness, for family fitness kick off and community outreach.
- Results: 154 participants
- Prizes: T-shirts, mugs, stickers,

Family Open Gym Photos

Open Gym Highlights

- Open to families with children of ages (2-12)
- Friday's from 1700-2000
- Groups divided according to ages
- Utilize sport/fitness curriculum with open play, gymnastics, fitness and sports skills and music
- Ages 10+ can use other areas of facility if completed youth fitness certification
- Parents must accompany ages 2-5 year olds
- Market to school age, CDC and youth groups
- Why? To help single parents increase activity, to promote family fitness, to have an indoor opportunity for children to exercise
- Attendance varies from 6-15 participants

Questions?

CONTACT:

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MWR Fitness Center

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Family Fitness Program

Kings Bay

Family Fitness Program

Kings Bay

Family Application

- **Ages 6 yrs & up**
- **Current Activities**
- **Family Goals**

Pre & Post program Fitness Assessment Tests

- **Flexibility- Sit and reach**
- **Strength- Push-ups**
- **Endurance- Curl-ups**
- **Cardio- (3) Min Step test**
- **Body Composition- Height/Weight**

Post Program Evaluation Questionnaire

FIT NAVY
BAY
PERRY'S
FAMILY
REUNION

Family Fitness Program

Kings Bay

Eight week program

- Strength/Cardio/Nutrition
- Commitment to eight week program
- Two PT session @ Fitness Complex
- One Family activity @ home per week
- One classroom education

- Physical Best Activity Guide -Fitness for Life

FAMILY AND YOUTH FITNESS 2006

Family Graduation Ceremony

- T-shirts with Family Fitness Logo
- Graduation certificates
- Individual Membership cards

CHILD TO CHAMPION

NS Mayport's Youth Fitness Program

FAMILY AND YOUTH FITNESS 2006

WHY ???

CHILD TO CHAMPION:

Mayport's Youth Fitness Program

- To comply with CNIC's new initiative on expanding the Navy's current fitness programming to become more family friendly
- Our youth are faced with health challenges, until now, unforeseen in this country
- Research has shown that Navy children fair even lower in health & fitness parameters than their civilian counterpart
- 30% of Navy kids become sailors

CHILD TO CHAMPION:

Mayport's Youth Fitness Program

MISSION

MWR Mayport's endeavor is to provide our Navy Family all possible fitness options, and the motivation needed to be healthy, strong and ready to face the challenges that Navy life brings.

CHILD TO CHAMPION:

Mayport's Youth Fitness Program

PROGRAM CONTENT

Kid's Clinics
Family Friendly Classes
Moms in Motion
Mommy, Daddy and Me Program
Extreme Circuit Training for Kids
Physician Referrals
Special Events

CHILD TO CHAMPION:

Mayport's Youth Fitness Program

KID'S CLINIC

- **Orientation and fitness programming for kid's ages 10-14**
- **Teaches safe usage of equipment and provides workout solutions**
- **Upon completion of clinic, child can use all fitness equipment while accompanied by parent or legal guardian**

CHILD TO CHAMPION:

Mayport's Youth Fitness Program

Family Friendly
Group Exercise Classes

- **2** *Family Friendly* **classes are held each week**
- **ages 9-14**
- **accompany their mom, dad or legal guardian to the regularly scheduled class**
- **3B Burn (Balls, Bars & BOSU)**
- **Yogalates**

CHILD TO CHAMPION:

Mayport's Youth Fitness Program

CHILD TO CHAMPION:

Mayport's Youth Fitness Program

Extreme Circuit Training for Kids

An ultimate Circuit which uses all the fitness toys to raise the bar on healthy results

- **Ages 9-14**
- **Kids Only**

CHILD TO CHAMPION:

Mayport's Youth Fitness Program

MOMS IN MOTION

- **In addition to our normal attendees to this class, new moms can bring new babies in carriers into the group exercise room**

- **Due to space limitations we can not allow strollers**

CHILD TO CHAMPION:

Mayport's Youth Fitness Program

CHILD TO CHAMPION:

Mayport's Youth Fitness Program

Mommy, Daddy & Me

- **Ages 5-9**
- **Must be accompanied by parent or legal guardian**
- **Pee wee power unleashed; via games, movement and nutrition education**

CHILD TO CHAMPION:

Mayport's Youth Fitness Program

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Physician Referrals

Special Events

CHILD TO CHAMPION:

Mayport's Youth Fitness Program

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Family Friendly Fitness Programs CNRNW

- Stroller Strut
- Youth Fitness Orientation
- Family Friendly Fitness Facilities

Benefits include,

- **Power Walk & Body Toning Exercises**
- **Family Bonding & *'Togetherness'***
- **Starts kids on an active, outdoor lifestyle.**

‘Stroller Strut’

Workouts offered seasonally

Dynamic Youth Fitness Orientations

Family Friendly Fitness Facilities… Naval Base Kitsap

Family Friendly Fitness Facilities

McChord AFB's area

Family Friendly Fitness Facilities

Site of Naval Station Everett's future FFFF!

FAMILY FITNESS PROGRAM

NAS Oceana
Mid-Atlantic Region

FAMILY AND YOUTH FITNESS 2006

Grand Opening
3 April 2006

FAMILY AND YOUTH FITNESS 2006

Class Orientation

- Health history questionnaire
- Lifestyle questionnaire
- Code of conduct
- Baseline fitness testing
- Equipment and facility orientation

Session Format

- Three classes a day, Monday to Thursday
  - Classes include 30 min. workout and discussion on maintaining a healthy lifestyle
- Friday is designated for new family orientation
- Family events are scheduled two Saturdays a month
  - Family fun run/ walk
  - Family bowling
  - Family walk in Seashore State park

Program Equipment

- Lifefitness Circuit
- Two-station Sportwall
- Two Cybex Trazer

Program Promotion

- Booth at all runs, including health fairs and Fleet Week Half Marathon.
- Host informational tables in all Fitness Centers throughout the region
- Provide information for articles in the local paper (Jet Observer)

In the Near Future….

- Continue to work with the Youth Center, holding classes for children.
- Special holiday programs while school is out.

FAMILY AND YOUTH FITNESS PROGRAMMING

Resource Link

- Submit programming ideas to marc.meeker@navy.mil
- Format for submissions will be sent out via email to Regions
- Programs and ideas will be posted at www.mwr.navy.mil, under Mission Essential, Youth and Family Programming

FAMILY AND YOUTH FITNESS PROGRAMMING

Questions?